

Warm-up sheet

for use with warm-up CD or www.promenade.org.uk

With all these exercises start at a comfortable pitch - often the one written - and work up by semitone steps. Do not go higher than comfortable, and at any time use a siren to find easy focus and tongue roll to release tension.

Ex 1. A first gentle stretch. Hum on an "n" maintaining an awareness of even breath flow coming from the support. Also consider using "puffy cheeks" set-up at any time during warm-up.



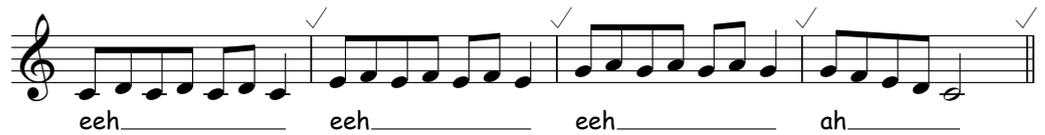
Ex 2. Keep a loose jaw and tongue. Take care not "land" on the final note. Keep a free and heady focus but keep a bright, clean sound with no breathiness.



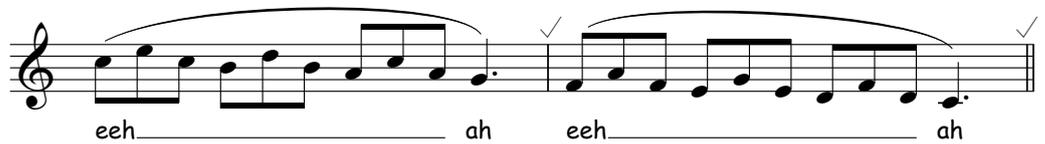
Ex 3. A muscle memory exercise for good abdominal breath support. Support each note to the end of the sound; let the release of support initiate the breath; let the new support come elastically from end of the breath, initiating the onset of the next note.



Ex. 4 Another exercise for support. Make the breaths last the duration of each phrase. Take care not to lose the heady clean sound as you take your breath, particularly on the "ah".



Ex. 5 Another exercise with definite breath points for managing breaths and support through a phrase. Sing smoothly though from the "eeh" to the "ah" with no intrusive "y"s between.



Ex. 6 Pronounce the syllable "nai". An exercise for loose jaw and no tongue root tension. Sing legato with tip of tongue loosely touching behind the front lower teeth. Do not allow the back of the tongue to depress. It is the jaw that moves here for the articulation.



Ex. 7a for high sopranos and **Ex. 7b** for men and lower lady's voices. Stretching and flexibility whilst maintaining good tone and support.



Ex. 8 A robust strengthening exercise. Use fluid, supported breath with heady legato. No tension and no intrusive "y"s between vowels.

